



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES
9 Milford Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

THE UPTON CENTER STAFF

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COA Hours:

Monday—Friday
9:00 am to 4:00 pm

Phone:

508-529-4558

Fax:

508-529-1014

August 2023



Coming Soon, Upton Repair Café, Fall 2023

*We are working to bring the
Repair Café to Upton...*

Do you have a broken lamp that needs repair or a hair dryer on the fritz? Don't throw those items out. Instead, consider bringing those items to a "Repair Café"!

A Repair Café is a community event where you can bring-in your broken items and volunteer community members are happy to repair it.

Repair Café volunteers include folks from throughout our community who want to help repair things. The program is free, however some repairs may require replacement parts, so our volunteers will advise you on how to get those parts. Participants are asked to stay on-site during the repairs, so you can answer questions.

Typical repairs include: furniture repairs, small appliances, lamp rewiring, sharpening of scissors, knives, garden tools, and simple sewing repairs. Call the Center for information. 508-529-4558.

Return of the VIP Coffee Hour with the Town Manager

Friday, August 18th at 9:30

Millhaus Great Room
2 Farm Road, Upton



Please join our Town Manager, Joseph Laydon, for coffee and conversation on: town topics, the new Community Center, and how the town can support seniors.

RSVP to the Senior Center:
508-529-4558

In This Issue: Coming Attractions...

- Elvis at the Upton Community Center
- Calling All Bridge Players...
- New...Board Game Social
- Afternoon Exercise Classes in the fall
- Mindful Eating Class in September
- Holiday Choral Group starting
- Monthly Stress Reduction Class
- Hearing Aid Cleaning Clinic
- Knitting & Crocheting with kids
- Transportation to Beach Concerts
- Monthly Birthday Bash Celebration



**BINGO is now at the
new Upton Community Center
9 Milford Street**

Bring your good-luck and
bring your friends
Great prizes and refreshments
Thursdays, 1:00-3:00 pm

Weekly Shopping Trip Schedule:

Tuesday, August 8th at 12:30 pm—

Market Basket, Shrewsbury

Wednesday, August 16th at 12:00 pm—

Walmart/Job Lot/Shaw's, Foppema's Farm Stand

Thursday, August 24th at 12:30 pm—

Market Basket, Hudson

Thursday, August 31st at 9:00 am—

Walmart/Job Lot/Shaw's Loop—Foppema's Farm

Stress Reduction Class with Robin!

Wednesday, August 16th @ 1:00 pm



*Are you in pain? Do you worry?
Is your neck tight?*

Robin Natanel's Stress reduction class may help

Can you find the hidden lamp post?



Congratulations to **Susan Triger** who found the hidden popsicle in our July newsletter. This month, try to find our hidden lamp post. If you find it, please call us at 508-529-4558 and be entered into a drawing to win a gift certificate!



**We will be closed
on Monday, Sept 4th
in observance of
Labor Day**



Hearing Aid Cleaning Services

Wednesday, August 2nd, 10:30-12:00

Professionals from At Home Hearing Healthcare will now be available at the Upton Community Center to provide monthly hearing aide cleanings as well as hearing assessments. Please call us at 508-529-4558 to inquire and set up an appointment. No fee!

Next clinic date will be: Wed. Sept 13th



Podiatrist Appointments

Thursday, Sept 14th, 8:30-12:30

Reservations required. These appointments book up fast. Please call the center at 508-529-4558 Dr. Biancomano will return on Thurs. Nov 9th



**Lunch Trip to the 99 Restaurant
and JJ's Ice Cream Stand**

Wednesday, August 23rd at 12:00 pm

Join us for a bus trip to the 99 Restaurant in Milford followed by a visit to

JJ's ice cream to enjoy their scoops.

Please RSVP by August 21



**Catered Lunch and
Elvis Presley Performance**

Join us as we celebrate the arrival of our long-awaited dining room tables with a catered Memphis BBQ lunch and musical entertainment with Elvis impersonator Dan Fontaine.

DATE: Friday, August 18th

TIME: 12:00 lunch and 1:00 show

**RSVP: By Friday, August 11th at
508-529-4558**



NEW—Board Game Social

Monday, August 28th at 12:30

Bring your friends and join us for our first **Board Game Social!**

Remember when you played: Uno, Monopoly, Battleship, Scrabble, LIFE, Candy Land, Chutes & Ladders, Clue, RISK, Rummikub?

Please RSVP by Friday, August 25th



Concerts at Kiwanis Beach

Wednesdays June 28-August 16th



Van departs at 5:15 / Concerts begin at 6:00

July 26th—Wonderland Mafia

August 2nd—South Street Band

August 9th—Pocket Change

August 16th—Moxie (rescheduled from 6/28)

Burgers and hotdogs, chips and soda are available for purchase at the snack shack. Please call the Senior Center for a free ride at least 2 days ahead so we can schedule transportation.

Monthly Movie—

Friday, August 11th at 12:30 pm

Top Gun: Maverick (2022) - After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice.



Services for Blind / Low Vision

Upton Community Center has partnered with The Mass Association for the Blind and Visually Impaired (MABVI). A representative from the MABVI will be at the Upton Community Center each month to meet.

Support for Hearing Impaired



Upton Community Center would like to start a monthly support group for individuals with hearing loss. Interested individuals should call the center to express their interest.



Mindful Eating—6 Week Course

Beginning Tuesday, September 5th at 11:00

This course will help you discover mindful eating habits that will lead you to enjoy and savor food while being in charge of your diet in a judgment-free way! Pre-registration is required.



Stay Tuned For...Coming Events

- Afternoon Fitness Classes in the fall
- Calling all Bridge Players: call if interested
- Holiday Choral Group forming
- Upton Repair Café Coming in October



WEEKLY PROGRAMS

Monday:

9:30 – Exercise with Shirley Areano (\$3)

10:30 – Strength and Stretch (\$3)

Tuesday:

10:00 – Seated Exercise (\$3)

12:30 – Hand and Foot Card Games

Wednesday:

9:30 - Exercise with Shirley Areano (\$3)

10:30 – Strength and Stretch (\$3)

12:30 – Mahjong Card Games

Thursday:

9:00 – Chair Yoga (\$3)

10:00 – Knit and Crotchet Group

11:00 – Tai-Chi (\$3)

1:00-3:00 – BINGO**

at the new Upton Community Center

Friday:

10:30 – Strength and Stretch (\$3)

MONTHLY PROGRAMS

Hearing Aide Cleaning—

Wednesday, August 2nd from 10:30-12:00
(by appointment only)

Monthly Movie—

Friday, August 11th at 12:30 pm

Nutrition Talk—

Monday, August 14th at 11:45 am

Stress Reduction with Robin—

Wednesday, August 16th at 1:00 pm

Trivia Time—

Monday, August 21st at 12:30 pm

“The Evolution of Television:
From Sitcoms to Game Shows”

Birthday Bash—

Friday, August 25th at 12:30 pm

Blood Pressure Checks—

Wednesday, August 30th at 12:30 pm

SOCIAL SERVICES CORNER



Social Service available weekly at Upton Housing Communities

Weekly office hours are now available with the Social Services Coordinator, Katie San Clemente, at the Millhaus and Coach Road Apartments.

Coach Road Community Room: Wednesdays

12:00 —1:00 pm

Millhaus Apartments: Thursdays 12:00—1:00 pm

Durable Medical Equipment

The Senior Center can help you access durable medical equipment to borrow for your specific needs. Equipment includes items such as shower chairs, shower benches, wheelchairs, transport chairs, walkers, rollators and more. Call the Senior Center to help you find the equipment you need. Transportation can be provided.



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, call 508-529-9094 by 10 am the day before a meal is served to reserve or cancel a meal. You can also inquire about delivery of frozen lunch and/or evening dinners.

COMMUNITY UPDATES

COA Job Opportunity: Van Driver



We're currently seeking to hire an additional part-time van driver (10 hours/week) at the Council on Aging. If you or someone you know might be interested in applying, please check out all the details at the *Employment* link on the Town of Upton's website which can be found at www.uptonma.gov, or stop by the COA office for further information.

Join Our Team of Volunteers!

We are looking for more volunteers at the new Upton Community Center. Please inquire at the Senior Center at 508-529-4558.



Senior Beach Passes Available

Lifetime beach passes are available to seniors ages 65+ for Kiwanis Beach in Upton beginning June 10th. Passes can be purchased at the Kiwanis Beach gatehouse for \$10 during their regular business hours.



Newsletter Subscriptions

Subscriptions for our monthly newsletter are \$5 for 1 year and can be purchased via cash or check in person at the Upton Senior Center or via mail. You may also sign up to receive the newsletter via email each month.

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